

# WEBSITE RESOURCES FOR HEALTHY EATING & PHYSICAL ACTIVITY

[www.kidsnutrition.org](http://www.kidsnutrition.org)

California Department of Health Services

[www.ca5aday.com](http://www.ca5aday.com)

American Cancer Society

[www.cancer.org](http://www.cancer.org)

American Heart Association

[www.americanheart.org](http://www.americanheart.org)

[www.justmove.org](http://www.justmove.org)

American School Health Association

[www.ashaweb.org](http://www.ashaweb.org)

Center for Disease Control and Prevention

[www.cde.ca.gov/resources](http://www.cde.ca.gov/resources)

California Department of Food and Agriculture

[www.cdfa.ca.gov](http://www.cdfa.ca.gov)

[www.dhs.ca.gov/ps/cdic/cpl/index.html](http://www.dhs.ca.gov/ps/cdic/cpl/index.html)

Dole Nutrition Company

[www.dole5aday.com](http://www.dole5aday.com)

Dairy Council of California

[www.dairycouncilofca.org](http://www.dairycouncilofca.org)

[www.hkresources.org](http://www.hkresources.org)

National Cancer Institute

[www.5aday.gov](http://www.5aday.gov)

Produce for Better Health Foundation

[www.5aday.com](http://www.5aday.com)

Action for Healthy Kids

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

After School Physical Activity  
[www.afterschoolpa.com](http://www.afterschoolpa.com)

California Healthy Kids Resource Center  
[www.californiahealthykids.org](http://www.californiahealthykids.org)

California Department of Education  
[www.cde.ca.gov/resources](http://www.cde.ca.gov/resources)  
[www.cde.ca.gov/Ls/ns](http://www.cde.ca.gov/Ls/ns)

California Project LEAN (Leaders Encouraging Activity and Nutrition)  
[www.californiaprojectlean.org](http://www.californiaprojectlean.org)

Centers for Disease Control and Prevention  
[www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)

Nutrition.gov  
[www.nutrition.gov](http://www.nutrition.gov)

United States Department of Agriculture  
[www.fns.usda.gov](http://www.fns.usda.gov)

[www.mypyramid.gov](http://www.mypyramid.gov)

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

The Center for Health and Health Care in Schools  
[www.healthinschools.org](http://www.healthinschools.org)

Society for Nutrition Education  
[www.sne.org](http://www.sne.org)

Spark People  
[www.sparkpeople.com](http://www.sparkpeople.com)

Harvest of the Month  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com)